**STORY BEHIND BASELINE:**
- High percentage of families in poverty and unable to afford more expensive healthy foods
- High caloric fast foods are eaten on a regular basis
- Obesity usually starts in childhood; Community will further evaluate this as we move forward with the adult population
- Stress
- Working parents, community involvement and lack of time to prepare healthy foods
- Exercising in the evenings
- Lack of healthy options at restaurants
- No exercise/sedentary lifestyle
- Underutilization of the park
- Cost prohibitive recreational activities
- Lack of transportation

**WHAT WORKS (BEST PRACTICES):**
- Shape up Sommerville (Blue Zones)
- Eat Smart Move More Weigh Less (ESMMWL)

**WHAT ARE WE GOING TO DO TO IMPROVE performance?**
- Adults who move and move more
- Pre and post test for nutrition (Cindy Aguillara)
- Blue Zone life expectancy results before and after
- Competition events with incentives
  - Walks/uns/etc.
- Employer Wellness Programs
- Lifestyle change
- 20-40 people
- Control group
- Blue Zone test for both groups
- Pedometers to measure activity-phone app
  
**HEADLINE PERFORMANCE MEASURES:**
- Adults who are Overweight or Obese
- Adults with Sedentary Life Style
- Consumption of Fruits and Vegetables
  - Adults with Type II diabetes
  - Control grp vs. participating group.